

Full Report (All Nutrients) 09370, Peaches, canned, heavy syrup, drained

Report Date:October 11, 2015 20:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices**Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 222g	1 half 73g	1 slice 12.7g
Proximates							
Water ^{2 5}	g	80.62	5	0.115	178.98	58.85	10.24
Energy	kcal	72	--	--	160	53	9
Energy	kJ	303	--	--	673	221	38
Protein ²	g	0.52	3	0.015	1.15	0.38	0.07
Total lipid (fat) ²	g	0.18	3	0.101	0.40	0.13	0.02
Ash ²	g	0.26	3	0.015	0.58	0.19	0.03
Carbohydrate, by difference	g	18.43	--	--	40.91	13.45	2.34
Fiber, total dietary ²	g	1.2	3	0.483	2.7	0.9	0.2
Sugars, total	g	14.66	--	--	32.55	10.70	1.86
Sucrose ^{2 5}	g	3.95	5	0.664	8.77	2.88	0.50
Glucose (dextrose) ^{2 5}	g	5.82	5	0.429	12.92	4.25	0.74
Fructose ^{2 5}	g	3.45	5	0.054	7.66	2.52	0.44
Lactose ²	g	0.00	3	0.000	0.00	0.00	0.00
Maltose ^{2 5}	g	1.44	5	0.105	3.20	1.05	0.18
Galactose ²	g	0.00	3	0.000	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	3	--	--	7	2	0
Iron, Fe	mg	0.27	--	--	0.60	0.20	0.03
Magnesium, Mg	mg	5	--	--	11	4	1
Phosphorus, P	mg	12	--	--	27	9	2
Potassium, K	mg	94	--	--	209	69	12
Sodium, Na	mg	6	--	--	13	4	1

Nutrient	Unit	1			1 cup 222g	1 half 73g	1 slice 12.7g
		Value Per 100 g	Data points	Std. Error			
Zinc, Zn	mg	0.09	--	--	0.20	0.07	0.01
Copper, Cu	mg	0.063	--	--	0.140	0.046	0.008
Selenium, Se ²	µg	0.0	2	--	0.0	0.0	0.0
Fluoride, F ^{6 7 8 9 10 11}	µg	6.8	30	0.371	15.1	5.0	0.9
Vitamins							
Vitamin C, total ascorbic acid ²	mg	0.7	3	0.000	1.6	0.5	0.1
Thiamin ²	mg	0.020	3	0.006	0.044	0.015	0.003
Riboflavin ²	mg	0.020	3	0.000	0.044	0.015	0.003
Niacin ²	mg	0.625	3	0.017	1.388	0.456	0.079
Pantothenic acid ²	mg	0.024	3	0.001	0.053	0.018	0.003
Vitamin B-6 ²	mg	0.013	3	0.001	0.029	0.009	0.002
Folate, total ²	µg	9	3	1.967	20	7	1
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	9	3	1.967	20	7	1
Folate, DFE	µg	9	--	--	20	7	1
Choline, total ²	mg	3.8	--	--	8.4	2.8	0.5
Betaine ²	mg	0.3	1	--	0.7	0.2	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE ^{1 2 3}	µg	31	6	11.389	69	23	4
Retinol	µg	0	--	--	0	0	0
Carotene, beta ^{1 2 3}	µg	333	6	148.612	739	243	42
Carotene, alpha ^{2 3}	µg	0	4	0.000	0	0	0
Cryptoxanthin, beta ^{1 2 3}	µg	85	6	51.886	189	62	11
Vitamin A, IU ^{1 2 3}	IU	626	6	227.779	1390	457	80
Lycopene ^{2 3}	µg	0	4	0.000	0	0	0
Lutein + zeaxanthin ³	µg	33	1	--	73	24	4
Vitamin E (alpha-tocopherol) ²	mg	1.19	2	--	2.64	0.87	0.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta ²	mg	0.00	2	--	0.00	0.00	0.00
Tocopherol, gamma ²	mg	0.04	2	--	0.09	0.03	0.01
Tocopherol, delta ²	mg	0.00	2	--	0.00	0.00	0.00

Nutrient	Unit	1			1 cup 222g	1 half 73g	1 slice 12.7g
		Value Per 100	Data points	Std. Error			
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) ²	µg	2.4	3	0.133	5.3	1.8	0.3
Lipids							
Fatty acids, total saturated	g	0.013	--	--	0.029	0.009	0.002
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000
16:0	g	0.013	--	--	0.029	0.009	0.002
18:0	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.047	--	--	0.104	0.034	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.047	--	--	0.104	0.034	0.006
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.066	--	--	0.147	0.048	0.008
18:2 undifferentiated	g	0.066	--	--	0.147	0.048	0.008
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan ⁴	g	0.005	--	--	0.011	0.004	0.001
Threonine ⁴	g	0.009	--	--	0.020	0.007	0.001
Isoleucine ⁴	g	0.010	--	--	0.022	0.007	0.001
Leucine ⁴	g	0.016	--	--	0.036	0.012	0.002
Lysine ⁴	g	0.017	--	--	0.038	0.012	0.002

Nutrient	Unit	1			1 cup 222g	1 half 73g	1 slice 12.7g
		Value Per 100	Data points	Std. Error			
Methionine ⁴	g	0.005	--	--	0.011	0.004	0.001
Cystine ⁴	g	0.007	--	--	0.016	0.005	0.001
Phenylalanine ⁴	g	0.011	--	--	0.024	0.008	0.001
Tyrosine ⁴	g	0.008	--	--	0.018	0.006	0.001
Valine ⁴	g	0.012	--	--	0.027	0.009	0.002
Arginine ⁴	g	0.010	--	--	0.022	0.007	0.001
Histidine ⁴	g	0.007	--	--	0.016	0.005	0.001
Alanine ⁴	g	0.016	--	--	0.036	0.012	0.002
Aspartic acid ⁴	g	0.238	--	--	0.528	0.174	0.030
Glutamic acid ⁴	g	0.032	--	--	0.071	0.023	0.004
Glycine ⁴	g	0.012	--	--	0.027	0.009	0.002
Proline ⁴	g	0.010	--	--	0.022	0.007	0.001
Serine ⁴	g	0.018	--	--	0.040	0.013	0.002
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Flavan-3-ols							
(+)-Catechin ¹²	mg	1.9	1	--	4.2	1.4	0.2
(-)-Epigallocatechin ¹²	mg	0.0	1	--	0.0	0.0	0.0
(-)-Epicatechin ¹²	mg	0.0	1	--	0.0	0.0	0.0
(-)-Epicatechin 3-gallate ¹²	mg	0.0	1	--	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate ¹²	mg	0.0	1	--	0.0	0.0	0.0
(+)-Gallocatechin ¹²	mg	0.0	1	--	0.0	0.0	0.0
Flavones							
Apigenin ¹³	mg	0.0	4	0	0.0	0.0	0.0
Luteolin ¹³	mg	0.0	4	0	0.0	0.0	0.0
Flavonols							
Kaempferol ¹³	mg	0.0	4	0	0.0	0.0	0.0
Myricetin ¹³	mg	0.0	4	0	0.0	0.0	0.0
Quercetin ¹³	mg	0.0	4	0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 222g	1 half 73g	1 slice 12.7g
Proanthocyanidin							
Proanthocyanidin monomers ¹⁴	mg	0.6	2	--	1.4	0.5	0.1
Proanthocyanidin dimers ¹⁴	mg	1.8	2	--	4.0	1.3	0.2
Proanthocyanidin trimers ¹⁴	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin 4-6mers ¹⁴	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin 7-10mers ¹⁴	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) ¹⁴	mg	0.0	2	--	0.0	0.0	0.0

Sources of Data

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¹¹A. Kingman Unpublished data. NIDR/NIH, 1984, Unpublished data. NIDR/NIH, 1984.

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¹⁴Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617

Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1350 PEACH
- C0229 FRUIT, PEEL REMOVED, CORE, PIT OR SEED REMOVED
- E0133 DIVIDED INTO HALVES, QUARTERS OR SEGMENTS
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0012 PACKED IN HEAVILY SWEETENED LIQUID
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0219 DRAINED